

Directions: Take 1 tablet as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.
Protect from heat, light and moisture.
Store in a cool, dry place.

MADE IN THE U.S.A.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



NO SUGAR, STARCH, YEAST, WHEAT, MILK,
ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES

FOODS PLUS

Since 1962

One Daily Multivitamin

with **beta carotene** PRESERVATIVE FREE
NON GMO
GLUTEN-FREE

compare to one-a-day essential*

supports heart health & immunity†

60
TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate & 5% as beta-carotene)	5,000 IU	100%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as di-alpha-tocopheryl acetate)	30 IU	100%
Thiamin (as thiamin HCl)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	2 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	6 mcg	100%
Pantothenic acid (as D-calcium pantothenate)	10 mg	100%

Other Ingredients: Dicalcium phosphate, microcrystalline cellulose, stearic acid, croscarmellose sodium, silica, magnesium stearate and pharmaceutical glaze.

Distributed by: Foods Plus®
10 Henderson Drive, West Caldwell, New Jersey 07006

*One-A-Day is a registered trademark of Miles Inc., Elkhart, IN 46515